

How to use the 25/5 Rule

What it is

Write down 25 goals, circle your top 5, and actively avoid the other 20 until those 5 are done.

It's told as advice Warren Buffett gave his pilot: the 20 you don't circle aren't just for later, they're what you say no to.

When to use it

When you have more goals than you could ever chase at once, and everything feels equally urgent.

Steps

1. **Write 25 goals.** Anything you want to achieve, big or small.
2. **Circle your top 5.** Everything you don't circle becomes your avoid-at-all-costs list, until the top 5 are done.

Common mistake

Chasing a goal from the other 20 whenever the top 5 get hard. That's how nothing important ever finishes.

Pairs with

Eisenhower Matrix and Ivy Lee Method.

Example: goals for the year

Date: Jan 1

Write 25 goals

Pay off credit card debt

Get promoted this year

Run a half marathon

Save for a house down payment

Cook 5 real meals from scratch

Call my parents weekly

Declutter the garage

Start a vegetable garden

Learn conversational Spanish

Build an emergency fund

Fix my credit score

Journal every morning

Try rock climbing

Read 12 books

Your top 5 Circle them above, then copy them here.

1 Pay off credit card debt

2 Get promoted this year

3 Save for a house down payment

4 Build an emergency fund

5 Run a half marathon

6 _____

25/5 Goal Focus Sheet

Date: _____

Write 25 goals

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook or worksheet page.

Your top 5 Circle them above, then copy them here.

1	
2	
3	
4	
5	
6	